

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u>	1 French Meat Pie Brussels Sprouts Multigrain Bread Dessert of the Day	2 BBQ Pork Baked Beans Mixed Vegetables Wheat Sandwich Bun Dessert of the Day	3 White Chicken Chili Brown Rice Corn Wheat Bread Dessert of the Day	4 Beef Bolognese Penne Pasta Italian Vegetable Blend Italian Bread Dessert of the Day
7 Chicken and Rice Bake Spinach Multigrain Bread Dessert of the Day	8 Chicken Thighs Cacciatore Sauce Tri-Color Rotini Pasta Italian Vegetable Blend Wheat Bread Dessert of the Day	9 Turkey & Corn Stew Broccoli Dinner Roll Dessert of the Day	10 Roast Pork with Rosemary Gravy Yukon Gold Potatoes Brussels Sprouts Multigrain Bread Dessert of the Day	11 Meatballs with Hawaiian Sauce White Rice Asian Vegetable Blend Wheat Bread Dessert of the Day
14 Chicken with Red Pepper Sauce Israeli Couscous French Green Beans Wheat Bread Dessert of the Day	15 Scallops with Lemon Dill Sauce Scalloped Potatoes Broccoli Multigrain Bread Dessert of the Day	16 Diced Chicken with Pesto Cream Cavatappi Pasta Italian Vegetable Blend Italian Bread Dessert of the Day	17 <u>SPECIAL</u> Beef Tips with Bourbon Sauce Smashed Red Potatoes Creamed Spinach Dinner Roll Dessert of the Day	18 Macaroni and Cheese Stewed Tomatoes Wheat Bread Dessert of the Day
21 President's Day No Meals Served 	22 Chicken Breast with Apple Berry Sauce Mashed Sweet Potatoes Cauliflower Wheat Bread Dessert of the Day	23 Lasagna Roll with Meat Sauce Italian Green Beans Multigrain Bread Dessert of the Day	24 Diced Chicken with Sweet and Sour Sauce Vegetable Fried Rice Asian Vegetable Blend Wheat Bread Dessert of the Day	25 Roast Pork with Jardinière Gravy Mashed Potatoes Herbed Carrots Dinner Roll Dessert of the Day
28 Potato Pollock Tartar Sauce Orzo with Spinach Pilaf Capri Vegetable Blend Wheat Bread Dessert of the Day				For weather emergencies and cancellations, please check Fox 25 TV station
Acton: 781-221-7098 Arlington Senior Ctr.: 781-221-7099 Arlington Heights: 781-221-7081 Burlington: 781-221-7094		Harvard: 978-456-4120 Littleton: 781-325-7879 Stow: 781-221-7048 Woburn: 781-221-7084		For questions about the nutritional information in this menu or your nutritional needs, contact: Catherine York MPH, RD, LDN c.york@minutemansenior.org

This program is made possible in part by funding from Executive Office of Elder Affairs.

*Entrees that contain more than 500mg sodium are designated by an *.*